



## Plant-Based Diets: Working towards a Sustainable Future

Guest Editors:

**Prof. Dr. Winston Craig**

School of Public Health, Loma  
Linda University, Loma Linda, CA,  
USA

**Dr. Ujué Fresán**

Instituto de Salud Global  
Barcelona (ISGlobal), Barcelona,  
Spain

Deadline for manuscript  
submissions:

**closed (5 April 2022)**

### Message from the Guest Editors

Consumer interest in plant-based diets has been rapidly increasing in the past decade. Non-dairy and non-meat alternatives have gone mainstream. New products are appearing on the market continually. Questions have arisen as to how nutritionally sound and healthy are these products. The marketplace wants products that improve human and planetary health, ultimately worldwide. How sustainable are these plant-based diets? How significantly do they alter traditional dietary patterns? What impact do they have on food security? Do this plant-based meat and dairy alternatives help lessen environmental degradation? Will plant-based diets help in the goal to greatly diminish malnutrition and over-nutrition (leading to obesity) around the world? We invite research papers that describe these issues and provide some answers to the important questions.





an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI